

American Red Cross

Lifeguard Training

Manadatory Pre-test : Sunday, February 5, 2006 from 10:00am to 1:00pm, will include a water test, general information and registration. In order to register for training, you must pass all the qualifications listed below. Call 344-3496 or 344-2873 to register.

Location: Pool at Brookhaven National Laboratory

Qualifications:

- Must be at least 15 years old.
- Pass swim test which includes 500 yard swim; 200 yards front crawl (freestyle); 300 yards alternating breast stroke, back stroke and side stroke.
- Tread water for 10 minutes.
- Dive head first, swim 20 yards, retrieve 10 lb. diving brick from depth of 9 feet, swim 20 yards to return brick.
- Must attend ALL eight sessions (no exceptions).

FEE: \$300 (includes \$50.00 non-refundable deposit)

Class dates: February 12, 19, 26, March 5, 12, 19, 26, April 2, 2006

Successful Candidates receive certifications in the following:

- Lifeguard training
- Waterfront lifeguard training
- CPR for the professional rescuer
- Automated external defibrillator (AED)
- First aid

NOTE:

Candidates who fail to meet qualifications at Open House Clinic will be given one additional chance to qualify at a later date. If candidate still does not qualify, then the \$50.00 is non-refundable. Call 344-3496 or 344-2873 to register.

Send bottom portion to: Lifeguard Training, P.O. Box 502, Upton, NY 11973

Name: _____

Address: _____

Phone: _____

Amount Enclosed: _____

Make check payable to CASH